

Educational Programs: For the Community and the Professional

There is no charge for community, family or professional education programs, but registration is requested. Programs offering social work CEUs are noted. The education programs listed are confirmed as of printing. Please visit alz.org/Cleveland to see a current listing of our education programs.

Caring for the Caregiver

Providing care for someone with dementia can be overwhelming, and it can be easy to neglect your own well-being. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one.

April 24, 2018 6:00 pm - 7:30 pm

The Heights, 2801 E. Royalton Road, Broadview Heights, OH 44147

To register: 440-584-9433

April 26, 2018 6:00 pm - 7:00 pm

Brookdale-Middleburg Heights, 15435 Bagley Road, Middleburg Heights, OH 44130

To register: 440-887-1125

June 06, 2018 1:00 pm - 2:00 pm

Brookdale-Richmond Heights' 3 Homewood Drive, Richmond Heights, OH 44143

To register: 216-291-8525

June 13, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

June 19, 2018 8:00 AM - 9:00 AM **One social work CEU available.**

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor 44060

Breakfast will be served. **To register:** 440-255-9309

July 19, 2018 12:00 pm - 1:00 pm

ACMC Premier Fitness, 2231 Lake Avenue, Ashtabula, OH 44004

This program will include Making Connections. To register: 440-998-3488

August 28, 2018 12:00 pm – 1:00 pm

Fairhill Partners' 12200 Fairhill Road, Cleveland, OH 44120

To register: 800-272-3900

November 27, 2018 1:00 pm - 2:00 pm

O'Neill North Ridgeville, 38600 Center Ridge Road, North Ridgeville, OH 44039

To register: 440-387-5578

Communication and Behavior Changes in Individuals with Dementia

This program is designed for professional and family caregivers of those with Alzheimer's disease or a related dementia. The presentation will include tips and techniques to improve successful communication, as well as information about common behavioral changes and how to intervene.

Easing the Stress of the Holidays

This program is designed to give caregivers helpful hints and tips that will be useful during the holiday season while caring for their loved one with dementia. How can my family dinner be less stressful? What might be an appropriate gift for my parent with dementia? How can everyone be included in the holiday preparations? These questions and more will be discussed.

October 24, 2018 6:00 pm - 7:30 pm

The Heights, 2801 E. Royalton Road, Broadview Heights, OH 44147

To register: 440-584-9433

October 30, 2018 8:00 am - 9:00 am

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060

Breakfast will be served. **To register:** 440-255-9309

Effective Communication Strategies

Communication is more than just talking and listening- it is also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.

April 03, 2018 1:00 pm - 2:00 pm

St. Martin De Porres Senior Center, 1264 E. 123rd Street, Cleveland, OH 44108

To register: 216-268-3909 x237

April 19, 2018 6:30 pm - 7:30 pm

Rae Ann Westlake, 28303 Detroit Road, Westlake, OH 44145

To register: 440-871-0500

May 14, 2018 6:30 pm - 7:30 pm **One social work CEU available.**

Brookdale Senior Living, 28550 Westlake Village Drive, Westlake, OH 44145

To register: 440-832-6229

May 23, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

July 31, 2018 8:00 am - 9:00 am **One social work CEU available.**

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060

Breakfast will be served. **To register:** 440-255-9309

August 01, 2018 1:00 pm - 2:00 pm

Brookdale-Richmond Heights, 3 Homewood Drive, Richmond Heights, OH 44143

To register: 216-291-8525

August 24, 2018 2:00 pm - 3:00 pm

The Sanctuary of Geneva, 200 Commerce Place, Geneva 44041

To register: 440-466-1770

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

March 14, 2018 6:00 pm - 7:00 pm

Elyria Library West River Branch, 1194 West River Road, Elyria, OH 44035,
To register: 440-324-9825

March 23, 2018 6:00 pm - 7:00 pm

Brookdale Willoughby, 35300 Kaiser Court, Willoughby, OH 44094
A light dinner will be served. **To register:** 440-269-8600

March 27, 2018 8:00 am - 9:00 am

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060
Breakfast will be served. **To register:** 440-255-9309

April 04, 2018 1:00 pm - 2:00 pm

Ehrnfelt Senior Center, 18100 Royalton Road, Strongsville, OH 44136
To register: 440-580-3275

September 22, 2018 1:30 pm - 2:30 pm

Westlake Porter Library, 27333 Center Ridge Road, Westlake, OH 44145
To register: 440-250-5460

October 30, 2018 12:00 pm - 1:00 pm

Fairhill Partners' 12200 Fairhill Road, Cleveland, OH 44120
To register: 800-272-3900

Know the 10 Signs: Early Detection Matters

This workshop will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

March 14, 2018 6:00 PM - 7:00 PM

Chardon Library, 110 E Park Street, Chardon, OH 44024,
To register: 800-272-3900

March 20, 2018 1:00 pm - 2:00 pm

St. Martin De Porres Senior Center, 1264 E. 123rd Street, Cleveland, OH 44108,
To register: 216-268-3909 x237

April 24, 2018 8:00 am - 9:00 AM

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060
Breakfast will be served. **To register:** 440-255-9309

April 24, 2018 12:00 pm - 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120
To register: 800-272-3900

May 15, 2018 7:00 pm - 8:00 pm

Geauga West Library' 13455 Chillicothe Road, Chesterland, OH 44026

To register: 800-272-3900

May 16, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

June 07, 2018 1:00 pm - 2:00 pm

Ehrnfelt Senior Center, 18100 Royalton Road, Strongsville, OH 44136

To register: 440-580-3275

Legal and Financial Issues – Planning for the Future

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care.

Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

March 20, 2018 5:30 pm – 6:30 pm

Huntington Woods, 27705 Westchester Pkwy, Westlake, OH 44145

To register: 440-835-5661

May 08, 2018 7:00 pm - 8:00 pm

North Park Senior Living, 14801 Holland Road, Brookpark, OH 44142

To register: 216-267-0555

May 16, 2018 12:00 pm - 1:00 pm

Rose Senior Living, 33200 Health Campus Drive, Avon, OH 44011

To register: 440-653-8460

May 24, 2018 2:00 pm - 3:00 pm

Solon Senior Center, 35000 Portz Pkway, Solon, OH 44139

To register: 440-337-1413

September 05, 2018 1:00 pm - 2:00 pm

Brookdale-Richmond Heights, 3 Homewood Drive, Richmond Heights, OH 44143

To register: 216-291-8525

September 25, 2018 12:00 pm - 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

To register: 800-272-3900

Living with Alzheimer's: One Person's Perspective

Learn about Alzheimer's disease from a person who is living with it . . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.

March 22, 2018 10:30 am - 11:30 am

Gunning Rose Senior Center, 16700 Puritas Avenue, Cleveland, OH 44135

To register: 800-272-3900

April 09, 2018 6:30 pm - 7:30 pm

Brookdale Senior Living – Westlake, 28550 Westlake Village Drive, Westlake, OH 44145

To register: 440-832-6229

May 29, 2018 12:00 pm - 1:00 pm

Fairhill Partners' 12200 Fairhill Road, Cleveland, OH 44120

To register: 800-272-3900

June 06, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

Making Connections

This program describes basic human needs and provides tools and techniques to assist with having meaningful interactions with a person with Alzheimer's disease or a related dementia.

March 28, 2018 6:00 pm - 7:00 pm

Brookdale, 15435 Bagley Road, Middleburg Heights, OH 44130

To register: 440-887-1125

Now What Was I Saying?

This interactive workshop will explain the basics of how the brain works, the primary principles of memory, some techniques to improve memory and things you can do for overall brain health.

April 12, 2018 12:00 pm - 1:00 pm

ACMC Premier Fitness, 2231 Lake Avenue, Ashtabula, OH 44004

To register: 440-998-3488

May 09, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

June 13, 2018 7:00 pm - 8:00 pm

Middlefield Library' 16167 East high Street, Middlefield, OH 44062

To register: 440-632-1961

The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

March 21, 2018 6:00 pm - 7:00 pm

Euclid Public Library, 631 E. 222nd Street, Cleveland, OH 44123

To register: 216-261-5300

March 27, 2018 1:15 pm - 2:00 pm

Holy Cross Lutheran Church, 4260 Rocky River Drive, Cleveland, OH 44135
To register: 216-941-8714

April 12, 2018 7:00 pm - 8:00 pm

North Park Senior Living, 14801 Holland Road, Brookpark, OH 44142
To register: 216-267-0555

April 18, 2018 11:00 am - 1:30 pm **One social work CEU available.**

Elmcroft of Lorain, 3290 Cooper Foster Park Road, Lorain, OH 44053
To register: 440-960-2813

April 23, 2018 1:00 pm - 2:00 pm

YMCA, 2010 Recreation Way, Avon, OH 44011
To register: 440-934-9622

May 22, 2018 1:00 pm -2:00 pm

Ehrnfelt Senior Center, 18100 Royalton Road, Strongsville, OH 44136
To register: 440-580-3275

May 29, 2018 8:00 am - 9:00 am

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060
Breakfast will be served. **To register:** 440-255-9309

June 26, 2018 12:00 pm - 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120
To register: 800-272-3900

July 11, 2018 1:00 pm - 2:00 pm

Brookdale-Richmond Heights, 3 Homewood Drive, Richmond Heights, OH 44143
To register: 216-291-8525

July 25, 2018 1:30 pm - 2:30 pm

Rose Senior Living, 33200 Health Campus Drive, Avon, OH 44011
To register: 440-653-8460

Research & Alzheimer's disease; The Road to Better Treatments and a Cure

As the number of Americans with Alzheimer's disease is rapidly increasing, research plays a crucial role in understanding more about this disease. Come learn about how clinical trials work, what scientists already know about Alzheimer's disease, and where efforts are focused moving forward in the search for a cure.

September 25, 2018 8:00 am - 9:00 AM **One social work CEU available.**

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor, OH 44060
Breakfast will be served. **To register:** 440-255-9309

Safety Considerations with Alzheimer's disease

Over time, people with Alzheimer's disease become less able to manage around the house. This program discusses some of the most common safety issues and steps you can take to improve safety in your environment.

April 05, 2018 2:00 pm - 3:00 pm

Maplewood at Chardon, 12350 Bass Lake Road, Chardon, OH 44024

To register: 440-285-3300

Understanding Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

March 27, 2018 12:00 pm - 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

To register: 800-272-3900

March 29, 2018 6:00 pm - 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

To register: 440-596-3047

May 01, 2018 1:00 pm - 2:00 pm

St. Martin De Porres Senior Center, 1264 E 123rd Street, Cleveland, OH 44108

To register: 216-268-3909 x237

May 02, 2018 1:00 pm - 2:00 pm

Brookdale-Richmond Heights, 3 Homewood Drive, Richmond Heights, OH 44143

To register: 216-291-8525

May 17, 2018 3:30 pm - 4:30 pm

Cleveland Clinic Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River 44116

To register: 440-356-0670

May 30, 2018 11:00 am - 12:00 pm

Cleveland Clinic Langston Hughes Center, 2390 East 79th Street, Cleveland 44104

To register: 216-361-1773

June 11, 2018 6:30 pm - 7:30 pm **One social work CEU available.**

Brookdale Senior Living, 28550 Westlake Village Drive, Westlake, OH 44145

To register: 440-832-6229

August 28, 2018 8:00 AM - 9:00 AM **One social work CEU available.**

Continuing Healthcare of Mentor, 8881 Schaefer Street, Mentor 44060

Breakfast will be served. **To register:** 440-255-9309

Dementia Care Training

Dementia Care Training is a FREE program for **both family and professional** caregivers who provide care to those with dementia-related diseases. This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior. ***Four social work CEUs are available.*** Please plan to bring a brown bag lunch.

NEW- DCT now on Saturday!!

March 26, 2018 10:30 am to 4:30 pm

Avon Public Library, 37485 Harvest Avenue, Avon 44011

To register: 800-272-3900

April 25, 2018 9:00 AM - 3:00 PM

Lake County Council on Aging
8520 East Avenue, Mentor, OH 44060

To register: 800-272-3900

May 05, 2018 9:30 AM - 3:30 PM

Alzheimer's Association Office, 23215 Commerce Park, Ste 300, Beachwood, OH 44122

To register: 800-272-3900

May 23, 2018 9:30 AM - 3:30 PM

Parma Library-Snow Branch, 2121 Snow Rd, Parma, OH 44134

To register: 800-272-3900

June 18, 2018 9:00 AM - 3:00 PM

Alzheimer's Association Office' 23215 Commerce Park, Ste 300, Beachwood, OH 44122

To register: 800-272-3900

EDUCATION PROGRAMS IN SPANISH

Sabado, 17 de Marzo del 2018 10:00 AM – 11:00 AM

Comunicación y cambios en el comportamiento

La comunicación es más que hablar y escuchar. Con el mal de Alzheimer's se puede perder la habilidad de comunicarse verbalmente, es entonces que el comportamiento se convierte en el medio de comunicación para la persona. La familia puede explorar y aprender nuevas estrategias de comunicación que puedan reducir el estrés en la relación con su ser querido.

Iglesia St Michael the Archangel, 3114 Scranton Rd, Cleveland, OH 44109

To register: 216-342-5591